



## Favorites Made Healthy

### Pizza with Pizzazz

*Everyone loves pizza! Most ready-made pizza has 19 g of fat, 6 g saturated fat and over 800 mg sodium per slice. Here is an easy, make-it-at-home recipe that is much lower in fat and sodium.*

#### *Dough:*

- 1 tsp dry yeast
- 1 cup warm water
- 3 cups all purpose flour\*
- 1 tsp sugar
- 1-1/2 Tbsp vegetable oil
- 1/8th tsp salt

#### *Toppings:*

- 1 cup no-salt-added pasta or tomato sauce
- 1 sliced tomato
- 1 cup sliced fresh spinach
- 1/4 cup sliced red onion
- 1/2 cup reduced-fat shredded cheese

Ground oregano to taste

#### *Directions:*

1. Mix the dry yeast with the water then add the rest of the dough ingredients. Mix by hand or with a dough/bread machine until the dough is stretchy, about 3-5 minutes. It should be a little on the wet side but not too sticky. You might need to add more flour.

2. Allow the dough to rise for 30-40 minutes.
3. Preheat oven to 400 degrees. Lightly oil a 10" X 15" cookie tray and dust with corn-meal.
4. Place the dough on a clean board or counter and roll out to a 10" X 15" square. Prick dough with a fork.
5. Prebake the crust for 8 minutes and remove from oven.
6. Top the crust with the sauce, tomatoes, spinach and onion. Sprinkle with cheese and oregano.
7. Bake the pizza until the dough is golden and the cheese is melted, about 8 more minutes.
8. Cut into 6 squares and serve hot. We recommend serving this pizza with a *large* green salad.

\*You can also use 2 cups all-purpose flour and 1 cup whole wheat flour.

Experiment with different vegetable toppings such as mushrooms, pineapple, sun-dried tomatoes, etc.

*Serves 6. Each 1-piece serving: 308 calories, 5 g fat, 1 g saturated fat, 0 g trans fat, 3 mg cholesterol, 135 mg sodium, 3.5 g fiber, 53 g carbohydrate, 10 g protein.*

### Test Kitchen

**Problem:** You hear that beans are good for your heart because they contain soluble fiber and folate, but you don't know how to get more of them into your diet.

**Solution:** Find and make one recipe each week that uses beans. Pretty soon you will have a bunch of favorite recipes using these healthy legumes.

#### *Pinto Skillet Chili*

1/2 tsp vegetable oil  
1 cup chopped onion  
1 Tbsp minced garlic  
1 green pepper, chopped  
1 cup diced tomatoes  
1 cup tomato sauce<sup>+</sup>  
2 cups cooked pinto beans  
1 tsp chili powder  
1/2 tsp cumin  
1 tsp dried oregano  
Heat a nonstick skillet over medium-high heat. Saute the onion, garlic and pepper briefly in oil, about 1 minute. Add the rest of the ingredients and bring to a boil. Simmer until onions and green peppers are tender, about 8 minutes.

*Serves 4. Each 1-1/4 cup serving: 177 calories, 1 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 22 mg sodium, 35 g carbohydrate, 11 g fiber, 9 g protein.*